

**ENTRANCE ANTIPHON**

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

**COLLECT**

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING**

Genesis 9:8-15

A reading from the book of Genesis.

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 24 (25):4-6, 7b-9

Response:

**Your ways, Lord, are faithfulness and love  
for those who keep your covenant.**

1. Lord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour. (R.)
2. Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord. (R.)
3. The Lord is good and upright.  
He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches his way to the poor. (R.)

**SECOND READING**

1 Peter 3:18-22

A reading from the first letter of St Peter.

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made

to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

**Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone,  
But on every word that comes from the  
mouth  
of god.  
Praise to you, O Christ, king of eternal glory!**

**GOSPEL**

Mark 1:12-15

A reading from the holy Gospel according to Mark.

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,**

*(all bow during the next two lines)*

**who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the  
dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.**

**PRAYER OVER THE OFFERINGS**

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning  
of this venerable and sacred time.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

**One does not live by bread alone,  
but by every word that comes forth from the  
mouth of God**

**PRAYER AFTER COMMUNION**

Renewed now with heavenly bread,  
by which faith is nourished, hope increased,  
and charity strengthened,  
we pray, O Lord,  
that we may learn to hunger for Christ,

the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth.  
Through Christ our Lord.  
Amen.

**PRAYER OVER THE PEOPLE**

May bountiful blessing, O Lord, we pray,  
come down upon your people,  
that hope may grow in tribulation,  
virtue be strengthened in temptation,  
and eternal redemption be assured.  
Through Christ our Lord.  
Amen.

Lent stimulates us to let the Word of God  
penetrate our life and in this way to know  
the fundamental truth: who we are, where we  
come from, where we must go, what path we  
must take in life.

*Pope Benedict XVI*